



# Welcome to the 26<sup>th</sup> Annual Carlsbad Triathlon & Health Expo

The City of Carlsbad is proud to sponsor and present this unique, safe, competitive and fun family event. We hope you enjoy your stay in Carlsbad and return to our great City in the future for relaxing by the beach, shopping and dining.

*Welcome Triathletes! You are going to be racing in one of the world's top 5 longest running triathlons. This newsletter will assist you in preparation prior to the race and give you important race day information. Please feel free to contact us if you still have questions.*

## Confirming Your Entry

BE SURE TO CONFIRM YOUR REGISTRATION INFORMATION AT THE FOLLOWING WEB SITE THOROUGHLY: [www.y-events.com/07cbadtriconf.htm](http://www.y-events.com/07cbadtriconf.htm)  
We will not be mailing any race confirmation. Everything you need to know about the Event is covered at [www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com)

You will be taken to a site where you will be able to check and confirm all your information including:

- **The correct spelling of your name**
- **Age on race day**
- **Race category (Individual or Relay Team)**

Any changes requested after June 27th will need to be made at packet pickup. If you have registered on-line and you already received an e-mail confirmation, it's still important that you re-check your participant profile..

**\*There are no refunds and no transfers of entries\***

## RACE PACKET PICK-UP

**THERE WILL BE THREE (3) METHODS FOR RETRIEVING YOUR PACKET THIS YEAR:**

### 1) In person: FREE

Individuals may stop by Pine Avenue Park located at 3333 Harding St, Carlsbad Friday, July 6th, between 5 - 8 p.m. or Saturday, July 7th, between 10 a.m. - 2 p.m. Packet pick up will be located outside in the north east corner of the park.

**DIRECTIONS to Packet Pick-up site:**

Take Carlsbad Village Drive exit off of Interstate 5 and head west. Turn left on Harding Street. The park with parking will be about 2 blocks on your right.

### 2) Overnight mailing: \$20.00

Packet will be overnight mailed to you no later than Monday, July 2nd. No P.O. Boxes accepted, and the address must be a location where someone will be available to receive your packet.

### 3) Sunday pick-up: \$25, at the race site.

**ONLY THE RACE PARTICIPANT MAY PICK UP THEIR RACE PACKET AND WILL BE REQUIRED TO SHOW VALID I.D.!!!**

# Course Detail

The 1K SWIM is an open water ocean swim. Our U-shaped course will keep you close to shore and out of the kelp beds. The swim start is 400M North of the transition area so don't take too long to get your bike set up in the transition area. Wetsuits are optional at the Carlsbad Triathlon as our water temp can be a bit unpredictable, but you can generally expect a temperature range of 64°-67°. ***If you are a first time ocean water triathlete, please review the FAQs swim portion for more information.***

The 25K BIKE is a two-lap, rolling hill course along the California coastline. Take a moment to enjoy the view but don't miss the South turnaround at La Costa Avenue, or the North turnaround at Solamar Drive. Remember: this is a 2-lap course! Please do not come through the finish line if you do not complete 2 laps of the bike course.

The 5K RUN is a one-lap course that starts on the Carlsbad seawall and finishes along Carlsbad Boulevard a little north of Tamarack Ave.

## Start Times

WAVE	START TIME	CATEGORY	CAP COLOR
1	8:00	ELITE / CHALLENGED / MEN 30-34	PURPLE
2	8:05	MEN 35-39	RED
3	8:10	MEN 40-44	BLUE
4	8:15	MEN 29 & UNDER	GREEN
5	8:20	MEN 45-59	YELLOW
6	8:25	MEN 60+ & CLYDESDALES	ORANGE
7	8:30	WOMEN 29 & UNDER	LIGHT BLUE
8	8:35	WOMEN 30-39	DAGLO GREEN
9	8:40	WOMEN 40+ & ATHENAS	DAGLO PINK
10	8:45	RELAYS	WHITE



## Race Day Info, Bike Frame and Helmet Numbers, Bib Number and Body Marking:

**FASTEN THE TRANSPONDER ANKLET AROUND YOUR LEFT ANKLE SECURELY. YOU MUST WEAR THIS ANKLET THE ENTIRE RACE.** The transponder will record your race times, so No anklet = No split times. If for any reason you are unable to complete the event, you must report to the timing tent, located at the finish line and turn in your chip. This is mandatory so that we will have a record of all participants for your safety and for the peace of mind for your friends and family. If we do not receive your anklet and transponder, you will be billed \$30. You can collect your gear from the transition area after 10:30 a.m.

**PIN YOUR BIB NUMBER ON FRONT FOR THE RUN PORTION OF THE RACE. YOUR BIB NUMBER MUST BE VISIBLE AT THE FINISH.**

- Your race number should be pinned to the front of whatever shirt you will be wearing on the run or to an elastic race number belt and visible in the front.
- Your helmet number should be affixed to the front of your bike helmet.
- Your bike frame number (same number as the helmet number) must be affixed to the top tube or handle bar of your bike.
- Do not alter the bib # in any way and don't pin the tear-off portion/pull-tab.

### CHECK IN AND BODY MARKING

Check in and get body marked on your biceps, just above the knees and calf. All athletes must check in prior to racing. Check in and body marking will close promptly at 7:45 a.m. Body marking will be limited to biceps (bib number), just above knee (bib number), and calf (age).

### WEAR YOUR COLORED-CODED SWIM CAP FOR THE SWIM.

You will be given the appropriate color-coded swim cap for your start wave. You must wear this cap during the swim, and you are responsible for starting in the correct wave.

### TRANSITION AREA:

**NO BIKE CHECK REQUIRED.**

There is no riding in the transition area or over the transponder mats. Your foot with the transponder anklet must touch the transponder mats in order to receive any split times.

- Transition opens at 6:00am. Regardless of your wave, you must be checked in & on the way to swim line-up by 7:45am.

### DISCLAIMER

**The race course and timeline can be changed at the discretion of the race organization. All distances are approximate by GPS measurements. The race can be altered, postponed or cancelled with no refunds due to weather, natural disturbances, police activity, acts of terrorism and threats of terrorism.**

- Racks will be color coded by wave to match your swim cap color. You must return your bike to the same location in the racks.

- Rack your bike and make sure your gear is neatly laid out under your bike.

- You will not be able to pick up your equipment until the last age group participant is out on the run (approximately 10:30am). Your equipment must be removed from transition by 12:30pm. The Event is not responsible for lost or stolen equipment. Be sure to bring along a bag (marked with your race number) for your gear.

- Only participants are allowed in the transition area. A race number and bike number are required for access.

- If you break down on the bike, please remove yourself and your bike from the course. Officials with trucks will be circulating the course. Need assistance? Flag down a vehicle.

#### Timing:

- Participants are required to wear a Velcro band/chip, at the ankle, throughout the race.

- If you pull out of the race, report to the timing tent to turn in the band/chip & collect your gear from transition (after 10:30am). There is a \$30 charge for a lost band/chip.

- **YOU MUST STAY IN ORDER UNTIL WE TEAR OFF YOUR BIB NUMBER TAB.** We will also collect your transponder anklet after our finish chutes. Please stay in order until you are out of the chutes.

**RELAY TEAMS:** Relay members will be given a wristband to wear during the event in order to gain access to the transition area. Relay team members must pass the band/chip at each transition. After you finish, turn in the band/chip at the end of the finish zone.

**MEDICAL EMERGENCIES:** Our medical team will be on hand to provide medical support. We are staffed for emergencies, but if you take care of yourself and take in plenty of fluid, you will do just fine. Start hydrating the day before and in the morning before you start. If you have a problem out on the course, notify a City of Carlsbad Police officer or volunteer at an aid station on the course or near the finish line. If you feel woozy after your race, be sure to stop by the medical tent for a check up.

**NOTE:** Participants who have not finished the race by 11:15 a.m. will be redirected to the finish line via an alternate route using the sidewalk and will be considered pedestrians. This will be strictly enforced by the Carlsbad Police Department.

#### HEALTH & FITNESS EXPO

Pine Avenue Park, 3333 Harding Street.  
Saturday, July 7, 10 a.m. to 2 p.m.

Race Packets may be picked up between 10 a.m. and 2 p.m. at the Health & Fitness Expo. While you're there enjoy live music, food, expert seminars, demonstrations and informational booths for fitness enthusiasts of all ages. Free blood pressure, glucose and cholesterol screenings will take place throughout the day in the Lounge.

Schedule of Events (Times, speakers and activities subject to change)

## 9 REMINDERS FOR LESS STRESS ON RACE DAY!

To assure a safe & fun event for you and your fellow triathletes, please adhere to the following:

1. Read the information on [www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com) in its entirety. Be sure to focus on the:

- List of things to bring to the event
- Safety information

2. Get body marked on race morning. Arrive early!

3. Arrive at the transition area early! That means 6:00 am. If you get there late, you may be shutout & prevented from racing. Allow lots of time for parking, traffic, getting to the site & the check-in procedures, if you are picking up your race packet on race day.

4. Remember to bring along water bottles already filled for the race. Bring water to drink before the race.

5. The transition area closes at 7:45am & re-opens when the last participant heads out on the run (approximately 10:30am). Do not leave anything in transition that you'll need after you finish the race. For reasons of safety & fairness, we will be enforcing this rule strictly. If you need to, adjust your travel, work or social plans around these times before you get to race day. All gear must be removed from transition by 12:30pm.

6. Take every opportunity to hydrate. Do not rely on thirst to tell you when to drink. Hydrate at every opportunity. Do not toss empty water bottles or trash on the course.

7. If you get into trouble in the swim, roll onto your back and raise your arm in the air. You may hang on a guard boat for a brief rest and then continue the swim if you are able.

8. If you experience mechanical difficulties during the bike course, move over to the shoulder and make the needed repairs. If you are unable to continue on your bike, you may wait for a course vehicle to pick you up, or run your bike in, staying out of the cycling lanes.

9. Keep to the right at all times on the bike course unless in the immediate act of passing. Use your voice to call out to people that you are passing. Always pass on the left and then move immediately back to the right, making sure you are clear of the athlete you have passed and any athlete immediately in front of you.

*Have Fun, Be Organized & Stay Safe!*

Be sure and check out our special triathlete seminars located at the ficus tree stage near pack pick up.

#### Speakers Agenda

10:00 - Carl Grubbs – Celebrates his 7th Fitness Reunion.

10:30 - Triathlon Prep Seminar - Steve Tally – TCSD

11:45 - Swim/Beach Entry Seminar – Jim Vance – TCSD

12:15 - Dan Plummer – Wheels on Wheels

12:45 - Skin Care and Sun Protection – Arbonne

2:00 - Swim/Beach Entry Clinic at Tower 36, 400 yards north of Tamarack – Jim Vance – TCSD



CITY OF CARLSBAD  
CARLSBAD TRIATHLON  
3096 HARDING STREET  
CARLSBAD, CA 92008

*Creating Community Through  
People, Parks and Programs.*

## Directions to Carlsbad:

Take I-5 to Tamarack exit, go West 6 blocks to Garfield. Turn Left or Right at stop sign & find street parking. You will be parking in a residential area & walking 1 block West to Carlsbad Blvd. The Athlete check-in, Expo, Transition & Finish Line are along the bluff, north of Tamarack Avenue. Please be courteous of homes in this area! Do not block driveways & keep voices low early Sunday. **DO NOT** park in "no parking" areas or along the railroad tracks, or **YOU WILL BE TICKETED & TOWED.**



will be offering greatly reduced prices on photos and other products to every participant of the 2007 Triathlon. What a great way to capture the day and remember your race. Go to [www.asipphoto.com](http://www.asipphoto.com) to order your photos!

### Wetsuit Rental:



Neosport USA will be offering the opportunity to rent a unique wetsuit designed specifically for swimming with flexibility and comfort. A limited supply of wetsuits will be available for rent on race day or you can reserve a wetsuit ahead of time by contact Jeff Stoner at (858) 200-7619 or [jeff@fdtmarketing.com](mailto:jeff@fdtmarketing.com).

### Bike Tech Support by:



WheelsOnWheels will provide mechanical assistance for all registered participants at the race on race day in the bike transition area. For additional information call: Dan Plummer: (619) 449-1076. [www.wheelsonwheels.com](http://www.wheelsonwheels.com)

## A BIG thank you to our sponsors!



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[www.thisisbrian.com](http://www.thisisbrian.com)



# FREQUENTLY ASKED QUESTIONS

## REGISTRATION

### **Do I have to show up on one of the days listed as Packet Pick-up to pick up my packet?**

Yes, if you would like to pick up your packet for FREE. You may also elect to have your packet mailed to you for a fee of \$20. (Sent out July 2nd) OR go with the Sunday Late Packet Pick up fee of \$25.

### **Do all relay participants need to check in on packet pick-up day?**

Only if they have not signed the waiver on-line or on the back of a mailed in registration. Waivers that are not signed will **NOT** be processed and/or handed out without the signed waiver. If all members have signed their waiver then only one member of the team needs to pick up the packet.

### **What are the days and times that I may pick up my packet for FREE?**

You may pick up your packet on Friday July 6, between 5:00 p.m. - 8:00 p.m. or Saturday, July 7 between 10:00 a.m. and 2:00 p.m. Packet pick-up is at Pine Avenue Park, 3333 Pine Avenue, Carlsbad CA.

### **Can I register on Friday, or Saturday during packet pick-up?**

If there is space available in your age group, we will allow on site registration.

### **Can I register on Sunday?**

There is no registration on race day.

### **Can I receive a refund/credit if I am injured?**

If you are injured the city will require a medical statement from your physician to process any credit for the following year's race.

### **Can my friend take my place if I cannot participate?**

No, your packet has been put together under your name; the time to reprocess the entry would impact the processing of the waiver, timing company, and other participants.

### **Do I need to bring my I.D. when I pick up my packet?**

Yes, we do require that all participants bring a valid picture ID during packet pick-up. Packets mailed will be mailed to the individual listed on the registration form and the address given. We can not deliver to P.O. Boxes and someone must be home to receive package.

### **Do I have to pay full price?**

A fee structure is set up with discounted rates at the earliest registration date, increasing as the race date gets closer. The city does not offer any complimentary entry fees.

### **Can my son or daughter, who is under the age of 12, compete in the triathlon?**

We have had some under age participants in the past, they will have to be accompanied by a legal guardian or followed closely by one of our California State lifeguards while in the swim portion. Families may participate in the relay division.

### **Can I race with my friends in another division?**

You can but need to start in your scheduled wave in order for your results and overall placing to be accurate. If you decide to start in a later wave, we cannot adjust your results.

## SWIM

### **Where is the swim course?**

The swim course is performed in the open waters of the ocean. The race is run with an open entry (run from the beach). This means you will have to contend with waves on the way out as well as on the way in. Please practice before hand if this is your first open water swim triathlon.

### **Where does the swim go out?**

Approximately 400 meters north of the transition area below Cherry Street on the beach.

### **Where does the swim come in?**

The finish is at the Tamarack Parking Lot beach access.

### **Where can I get another swim cap if I lost mine?**

Go to the late registration check-in area.

### **What is the water temperature?**

The water temperature along the Carlsbad coast in the summer is typically in the mid- to high sixties. There are a number of factors/events that could significantly change that, generally in the downward direction, such as a big swell or a period of high winds. Remember that you can wear a wetsuit! Goggles are recommended and a swim cap required. Wetsuits will be available for rental while supplies last. You can reserve a wetsuit by contacting Jeff @ fdtmarketing.com

### **What is the swim course?**

The swim event starts just south of the stairs to the bathrooms at Tamarack. The swim course is a big "C" shape that goes west (out) 250 meters, then turns south for 500 meters, then comes in (east) 250 meters. Once you enter the water, all buoys are kept to your left. The course is marked by large orange buoys (swimminfluges) with balloons tied to them.

### **Where is the lane line?!!**

There are no lane lines in the ocean. There are swells, chop, currents, in-shore holes, rip currents, kelp and seaweed, stingrays and fish though. If you have not have experience swimming in the ocean, this should NOT be your first time! If at any time you need assistance, do your best to get attention (yell, wave your arms if possible, etc.) Please don't wait until you are in real trouble to ask for help. It is OK to rest, with or without assistance from a lifeguard, and then continue the race. If there are waves at the start, dive below the wave/white water with your arms in front of you to avoid being pulled back.

## TRANSITION AREA

### **Where is the Transition Area?**

Tamarack Beach Parking Lot

### **Are spectators allowed in the transition area?**

No, only athletes are allowed in the transition area.

### **What time can I enter the transition area to set-up?**

6:00 a.m. on Sunday, July 8, 2007.

### **How do I get my bike out of the transition area? Do I need to wait until the race is completed?**

We ask that no one attempt to re-enter the transition area after they have finished the race until after 10:30 a.m. We will allow only athletes to enter the transition area to retrieve their personal items when it is safe for all the athletes. You will need to show your entry bib or helmet number to acquire access.

**Can I have assistance in the transition area?**

Yes, we can provide assistance with some request. Please see the Transition Coordinator for additional inquiries.

**What time does the transition area close?**

All athletes must exit the transition area at 7:45 am, except relay team members. Relay athletes must remain next to their designated area at all times, no wandering around. Relays must hand off their transponder anklet to their relay member at the bike rack.

## BIKE

**Where is the bike course?**

The bike course is a two-lap, rolling hill course along the California coastline. Take a moment to enjoy the view but don't miss the South turnaround at La Costa Avenue, or the North turnaround at Solamar Drive. Remember: this is a 2-lap course! Please do not come through the finish line if you do not complete 2 laps of the bike course.

**Where do I go for bike safety inspections?**

There is no bike check required.

**Will there be a bike mechanic the day of the race, and where?**

Yes, WheelsOnWheels will provide mechanical assistance for all registered participants at the race on race day in the bike transition area. For additional information call: Dan Plummer: (619) 449-1076

**Do you have to wear a helmet for the bike portion?**

Yes, all cyclists must wear an ANSI approved helmet. No motorcycle helmets will be allowed. The helmet MUST be securely fastened upon exiting and entering the transition area as well as throughout the course.

**Can I ride a Mountain Bike, Cruiser, BMX, etc., type bike for the bike portion?**

Road Bicycles or Mountain bikes may be used. NO recumbent cycles. Hand cycles and Tandem bikes are only allowed for Challenged athletes and relay division participants.

**Does my bike need to be "racked"?**

Yes, please go to the corresponding swim cap color on the bike racks that match your swim heat cap color. You may set up your bike anywhere in your designated color area.

**If I miss the 2nd lap on the bike course will I be disqualified?**

Yes. Remember: this is a 2-lap course! Please do not come through the finish line if you do not complete 2 laps of the bike course. Look for the flags that indicate the turn around point.

**Is there drafting?**

No, the Carlsbad Triathlon is a non-draft format race. The stagger rule will be in effect.

**What is the Stagger Rule?**

You must stay at least 10 meters away from the next competitor unless passing.

## RUN

**Where is the run course?**

The run course runs along the sea wall to Pine Street, runners will proceed south on Carlsbad Blvd. At the power plant the runners will make turn around and run south on Carlsbad Blvd. to the finish line.

**Do relay teams need to stay in their area and be tagged by their partners?** Yes.

## OTHER INFORMATION

**Where is the information tent?**

The information tent will be next to the finish line.

**Where is the start?**

Below Cherry Street on the beach. The first wave begins at 8:00 a.m.

**Do we need to be body marked?**

Yes, this year there will be body marking and will be required. Marking will be done at the check-in area starting at 6:00 a.m. and closes promptly at 7:45 a.m.

**Where do numbers go?**

Your bib should be attached to the front of your running shirt or shorts. The bike frame number should be attached to your bike frame towards the front.

**Where do I find drinking water before the race to fill up water bottles?**

We suggest that you fill your water bottles prior to coming to the race. We will have a water station in the transition area where you may fill up your bottles.

**What do new racers have to do on race day?**

First, check in and get body marked. Then, make sure that your race numbers are placed in their appropriate locations, set up your bike in the appropriate cap color location for your wave, check to make sure you have your swim cap, get body marked, make your way to the swim start area before 8:00 a.m., relax and have fun!

**Where do I get my T-shirt?**

You will receive your shirt with your packet so make sure you ask for the correct size during registration. Additional T-shirts will be available for purchase on Sunday after 10:30 a.m.

**Where are the bathrooms located?**

Porta-Johns will be located in the transition area as well as the expo area. Tamarack Beach bathrooms are located just above the parking lot on the north side of the driveway.

**When and where are the results posted?**

Unofficial finish results for top finishers will be posted next to the stage 15 minutes after the first finisher crosses the line. Results will be updated every 20 min after that. Complete results, with split times, will be posted Wednesday at 9:00 a.m. at [www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com).

**Can I still finish the race if I am disqualified on one portion of the race?**

Yes, you will be able to finish the race. Please do not come through the finish line though if you are disqualified. Please remember to turn in your timing chip or you will be billed \$30.

**Is there a map of the course posted on race day? Where?**

A large course map will be posted on race day by the stage.

**What time is the Awards Ceremony?**

Awards ceremony will be held at approximately 11:15 a.m. Awards given 1st through 3rd place in each age category, and relay divisions. No awards will be handed out prior to the awards ceremony.

**View event information online at**  
**[www.carlsbadtriathlon.com](http://www.carlsbadtriathlon.com)**